



A Safety Net Story

Kim Townsend

Community Health Worker

Madison County Community Health
Centers, Inc.

An OASIS in a Food Desert



Collaboration with Second Harvest Food Bank allows us to provide fresh produce to people who do not buy it because of limited finances.



Volunteers consist of board members, staff, and community members



Produce Distributions
are held bi-weekly in

Anderson

Alexandria

Elwood

The line increases with
every distribution.

(There are no income
restrictions.)



PAGE 6 The Alexandria Times-Tribune, Wednesday, August 21, 2013

Celebrating National Health Center Week



Mike Casacelli, Anthony Malone, Kim Townsend, Jack Woods, and Kimberly Kirby celebrate National Health Center Week in Alexandria.



Above: Volunteers helped distribute fresh produce to Alexandria residents. Left: Health screenings were available to residents during the fresh produce distribution.

Each year the second week in August is devoted to celebrating the services and contributions of Community Health Centers, the most important and unique in bringing success in providing access to affordable, high-quality, cost-effective health care to medically underserved and underserved people throughout the United States. To celebrate National Health Center Week in Alexandria, Mayor Jack Woods and representatives from the Madison County Community Health Center held a special produce distribution and health screening at the Alexandria Community Center on Thursday, Aug. 15. The produce distribution will be held every other Thursday at the Community Center to help provide fresh produce to residents in the community. The next distribution will be Thursday, Aug. 29 from 10 a.m. to noon.



Steve Vennison directed traffic and helped with parking.



Alexandria Mayor Jack Woods proclaimed the week of Aug. 12-17 National Health Center Week in Alexandria.



Above: President and Chief Executive Officer of the Madison County Community Health Center addressed those attending the produce distribution as part of the National Health Center Week recognition. At right: Mike Casacelli spoke to those attending the produce distribution.

Crop Production Services AUCTION
TUESDAY, AUGUST 27
Starting at 10 a.m. to 12 p.m.
100+ acres of land for sale. Also available: tractors, combines, and other farm equipment. Call 800-451-4511.

GUN SHOW
Buy! Sell! Trade!
Aug. 24-25 - Lebanon, Ind.
Boone County 4-H Fairgrounds, 1320 E. 100 S.
9-5 Saturday • 9-1 Sunday
centralindianagunshow.com • 763.993.8442

Macular Degeneration?
Did you know?
Macular Degeneration is a leading cause of blindness in the United States. It can be prevented with the right diet and lifestyle changes. Call for a FREE information packet and a FREE eye exam. Call 877-577-2040. Dr. W. James Long • www.maculardegeneration.com

AMHS Junior Class selling "Tiger Paw Prints"
The AMHS Junior Class is currently taking orders for "Tiger Paw Prints" to be printed by members of the Junior Class on t-shirts. Orders for the Paw Prints will be taken until August 30 and can be placed through any Junior Class member. The cost per print is \$10, and all proceeds will benefit the 2014 AMHS Prom.

Elwood

The Elwood Call-Leader Thursday, August 15, 2013 PAGE 3

Food given away to local residents

The Second Harvest Food Bank was in Elwood Wednesday distributing free food to local residents. The food was distributed from the St. Joseph Catholic Church parking lot.

In recognition of National Health Center Week, Aug. 11-18, a fresh produce giveaway was also held Wednesday at the Northern Madison County Community Health Center.

In recognition of National Health Center Week, Mayor Ron Arnold offered the following proclamation.

CITY OF ELWOOD PROCLAMATION

A proclamation by the Mayor of the City of Elwood, Indiana declaring Aug. 11, through Aug. 17, 2013 as Health Center Week.

"WHEREAS, Each year the second week in August is dedicated to celebrating the services and contributions of Community, Migrant, Homeless and Public Housing Health Centers; and WHEREAS, National Health Center Week is to raise awareness about the mission and accomplishments of America's Health Centers; and

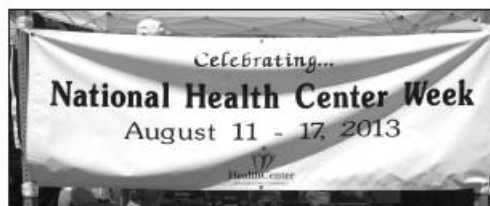
WHEREAS, Community Health Centers play a critical role in providing affordable, high quality preventive and primary health care; and

WHEREAS, the City of Elwood is proud to be the home of Madison County Community Health Center; and Now, therefore, I, Ron E. Arnold, Mayor of the City of Elwood, do hereby

proclaim Aug. 11, 2013 through Aug. 17, 2013 Health Center Week.

In the City of Elwood, Indiana and I urge all citizens to join me in this special observance.

Signed this 14th day of August in the year of our Lord, 2013.



Mayor Ron Arnold, above, and Priscilla Frazier, right, were two of the many who assisted at the food give-aways.



New Research Questionnaire for Produce Distributions

Patient Initials:

Weight:

Blood Pressure:

Please choose what best applies to you:

Gender: Male Female **Age:** 18-25 26-35 36-45 46+

<u>Do you have a health care provider at this health center?</u>	Yes	No

Do you have any of these medical conditions? Please select all that apply:

Diabetes Obesity High Blood Pressure Depression Anxiety

<u>Do you smoke?</u>	Yes	No
1. How often do you smoke?		
2. How many cigarettes do you smoke per day?		
3. How long have you been smoking?		
4. Do you smoke in the presence of children?		
5. Do you smoke in the presence of pregnant women?		
6. Do you smoke in the presence of people with respiratory diseases?		
7. Do you smoke in the presence of people with heart disease?		
8. Do you smoke in the presence of people with asthma?		
9. Do you smoke in the presence of people with diabetes?		
10. Do you smoke in the presence of people with high blood pressure?		
11. Do you smoke in the presence of people with cancer?		
12. Do you smoke in the presence of people with other chronic diseases?		
13. Do you smoke in the presence of people with mental health issues?		
14. Do you smoke in the presence of people with physical disabilities?		
15. Do you smoke in the presence of people with other health conditions?		

If yes, how much a day? <pack/day 1 pack/day >pack/day

How important is eating a healthy diet to you? Circle number that applies to you.

Not important Important

0 1 2 3 4

How often do you exercise? (For example walking, jogging, stretching, bicycling).

Never 1-2 x a week 3-4 x a week 5-6 x a week Everyday

How often do you interact with others outside your home?

Rarely 1/week 2-3/week 4-5 x a week Everyday Several times/day

Live Empowered Diabetes Ambassadors Program Ribbon cutting Ceremony



Live Empowered – Project Power

Project Power currently has ambassadors teaching Diabetes Self-Management Education in two churches -- Bethesda Missionary Baptist and St. John's Lutheran. Many more ambassadors have been trained and classes will be taught throughout the county.

Diabetes Day Group Education

Coley Miller,
Hoosier Park
Chef, teaching
about managing
Diabetes with
food.



Community Health Worker Pilot

Morning Huddle

The Community Health Worker (Kim) is a part of the morning huddle team that discusses the needs of patients to be seen that day. The provider and the Diabetes nurse determine which patients would benefit from interventions provided by Kim.

Community Health Worker Pilot

One-on-one with patients

Case Study: Mary Doe

Session I



- Was referred with an A1C of 13.5 and blood sugar of 300
- Complained of neuropathy in hands and feet
- Cried severely at first meeting
- Complained of stress: work related, personal etc.
- Set goals for next meeting – refrain from sweets and join produce giveaway
- PA prescribed new meds and client was able to pick up at the clinic pharmacy at discounted price

Case Study: Mary Doe (cont'd.)

Session II



vs



- Client was in better mood
- Stated she participated in produce giveaway and refrained from eating sweets at work
- Discussed some of the stress related issues; property taxes, harassing phone calls at work
- Discussed some possible intervention methods; make appointment with Township Assessor
- Next goal: Take all meds at the same time each day as prescribed

Case Study: Mary Doe (cont'd.)

Session III

- Had meeting with Township Assessor: Different options were laid out to resolve tax issue

Session IV

- Client stated she has completely stopped eating sweets and been eating more healthy foods
- Blood sugar has dropped to high nineties
- Stated co-workers have noticed a change in behavior and a more positive attitude



Continuing to meet with client on a weekly basis

Thank you for your attention.

Contact information:

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